

# Try our Healthier Alternatives!



*Recipes for a Healthier Life!*

## Healthier Lasagna

3/4 pound Al Fresco Sweet Italian Style Chicken Sausage  
1/2 pound lean ground beef (93/7%)  
1/2 cup minced onion  
2 cloves garlic, crushed  
1 (28 ounce) can Hunt's Fire Roasted diced tomatoes  
2 (6 ounce) cans Hunts tomato paste  
2 (8 ounce) cans Hunts canned tomato sauce  
2 Tbs white sugar  
1 1/2 tsp dried basil leaves  
1/2 tsp fennel seeds  
1 tsp Italian seasoning  
1/2 Tbs salt  
1/4 tsp black pepper  
4 Tbs chopped fresh parsley  
9 Barilla Lasagna Noodles  
8 ounces Ricotta cheese, fat free  
3 Tbs egg beaters  
1/2 tsp salt  
1/2 pound HT DeliStyle Sliced Mozzarella Cheese (part skim)  
3/4 cup Sargento Artisan Blend Parmesan Grated Cheese

**Directions:** In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, and tomato sauce. Season with sugar, basil, fennel seeds, Italian seasoning, 1/2 Tbs salt, pepper, and 2 Tbs parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.

Bring a large pot of slightly salted water to a boil. Cook lasagna noodles in boiling water for 8-10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt.

Preheat oven to 375 degrees F.

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9 x13 inch baking dish. Arrange 3 noodles lengthwise over meat sauce. Spread with one third of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers two more times, and top with remaining mozzarella and Parmesan. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.

Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 min before serving. Serves 12 (3x3)

Nutrition Facts: 314 calories, 10 g fat, 5 g saturated fat, 32 g carb, 1158mg sodium

**What this means for you:** 38% lower in calories, 56% lower in fat, 30% lower in sodium

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## **Loaded Recipe:**

- 1 pound Johnsonville sweet Italian sausage
- 3/4 pound lean ground beef (93/7%)
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28 ounce) can Hunt's Fire Roasted diced tomatoes
- 2 (6 ounce) cans Hunts tomato paste
- 2 (6.5 ounce) cans Hunts canned tomato sauce
- 1/2 cup water
- 2 Tbs white sugar
- 1 1/2 tsp dried basil leaves
- 1/2 tsp fennel seeds
- 1 tsp Italian seasoning
- 1 Tbs salt
- 1/4 tsp black pepper
- 4 Tbs chopped fresh parsley
- 12 Mueller's Lasagna noodles
- 16 ounces Sorrento Ricotta cheese
- 1 egg
- 1/2 tsp salt
- 3/4 pound Sargento mozzarella cheese, sliced
- 3/4 cup Kraft grated Parmesan cheese

Nutrition Facts for loaded recipe: SERVES 12 (3"X3" SQUARE). 507 calories, 23g fat, 12 g saturated fat, 43 g carb, 1643mg sodium